



FALL 2019 Menu Nutrient Analysis

Nutrition Menu Solutions

	Regular	Fortified	2 gm Na	NAS	80 gm Renal	Low Fat/Chol	CCHO
Kilocalories	2401	2734	1973	2401	1984	1845	1990
Protein (gm)	96	111	83	96	79	86	91
Carbohydrate(gm)	303	325	249	303	265	258	259
Dietary Fiber(gm)	23	23	23	23	27	23	23
Total Fat (gm)	93	110	74	93	69	54	68
Saturated Fat (gm)	30	36	26	30	20	17	22
Cholesterol (mg)	348	371	265	348	381	247	279
Trans Fatty Acids (gm)	3.31	3.41	3.49	3.31	3.19	1.44	2.46
Vitamin A RAE (mcg)	1360	1485	1405	1360	1270	1286	1398
Vit B-1 Thiamin (mg)	1.78	1.79	1.51	1.78	1.57	1.6	1.75
Vit B-2 Riboflavin (mg)	2.45	3.05	2.3	2.45	1.52	2.46	2.54
Vit B-3 Niacin (mg)	23.3	19.1	18.43	23.3	22.7	19.79	20.74
Vit B-6 (mg)	2.01	1.9	1.93	2.01	2	1.89	2.009
Vit B-12 (mcg)	5.45	6.17	5.9	5.45	3.5	4.77	5.44
Vit C (mg)	116	131	125	116	111	103	112
Vit D IU	339	516	312	339	331	267	319
Vit E (α -toc) mg	8.39	9.3	8.9	8.39	9.46	5.25	6.11
Vit K (mcg)	281	267	315	281	230	261	328
Folate (mcg)	395	345	360.47	395	381	327	393
Calcium (mg)	1335	1995	1205	1335	559	1230	1375
Copper (mg)	0.85	1.03	0.72	0.85	1.02	0.79	0.93
Iron (mg)	16.86	14.74	14.62	16.86	16.82	15.32	16.1
Magnesium (mg)	306	322	250	306	243	255	294
Phosphorus(mg)	1564	1764	1315.76	1564	1080	1273	1592
Potassium (mg)	2966	3376	2702	2966	2686	2807	3160
Sodium (mg)	3721	2947	2086	3121	1561	2328	2669
Zinc (mg)	11.1	14.22	9.21	11.1	11.15	8.96	10.05

NOTE:

The RDA for Vitamin D will not be met with diet alone
 The Regular diet calculation includes 3 salt packets totaling 600 mg
 Trace minerals are not included in the analysis since complete data
 for analysis is not available

Source of Analysis: FNMS / ESHA / USDA